

# NATIONAL DIABETES AWARENESS MONTH OF NOVEMBER

Currently there are 20.8 million children & adults in the US with Diabetes

## Where We Stand Today:

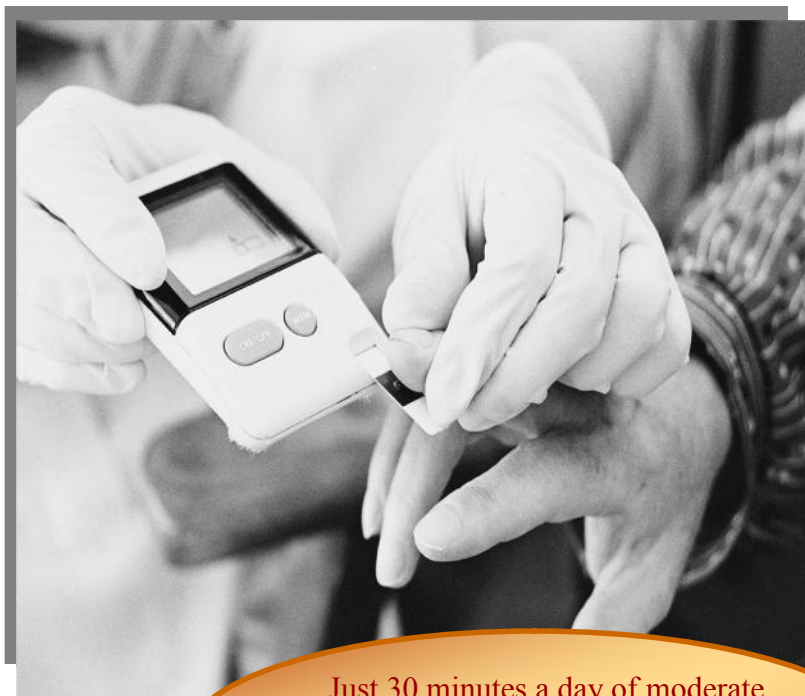
Seven percent (20.8 million) of the US population is currently living with diabetes today, while an estimated 14.6 million have been diagnosed with diabetes. Unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease.

## Urgency:

There is an urgent need to act now; to encourage all Americans to commit to achieving and maintaining a healthy weight through diet and physical activity throughout their lives.

## Action:

It is possible to delay or even prevent type 2 diabetes from ever developing. We're not talking about big changes. Moderate amounts of regular physical activity and moderate weight loss can significantly reduce your risk for developing an array of health-related problems, including diabetes.



Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes.

## MAJOR TYPES OF DIABETES

Type I Diabetes	Type II Diabetes	Gestational Diabetes	Pre-Diabetes
Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.	Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.	Gestational diabetes affects about 4% of all pregnant women - about 135,000 cases in the United States each year.	A common condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 54 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.